

OAKE



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HOLYOAKE NEWSLETTER ISSUE 1 2015



I am delighted about the launch of our DRUMBEAT Quest video game which is the first of its kind in the world. It is an innovative resource for counsellors and educators to engage young people in social and emotional learning. The response has been wonderful, and I hope young people around the world will benefit from it.

I am inspired by people who have the courage to overcome their challenges. This issue includes two remarkable testimonials, as well as messages from some of our clients.

We also highlight our Young Adult's Program which has been making a significant difference in the lives of 18-24 year olds.

Thank you for your feedback in response to our consumer involvement campaign. Your comments and suggestions are always welcome and valued.

I hope you enjoy this issue.

**Angie Paskevicius**  
CEO

## DRUMBEAT Quest – an exciting new resource for social and emotional learning

March 25, 2015 ushered in a new chapter in Holyoake's 40 year history as we launched our DRUMBEAT Quest video game to a packed audience at Bankwest Place in Perth. It is the world's first adventure game for social and emotional learning incorporating the latest neuroscience on rhythm and emotional control.

The game which was funded with a Social Innovation Grant from the Government of Western Australia was officially launched by the Hon Tony Simpson MLA, Minister for Local Government; Community Services; Seniors and Volunteering; and Youth.

DRUMBEAT Quest is an innovative, modern resource to help counsellors and educators to engage young people through a medium they enjoy – video gaming. The game explores a range of themes that are linked to healthy and meaningful lives.

"DRUMBEAT Quest is designed to open up conversations that might otherwise be confronting or difficult. It has the potential to reach out to young people across Australia and around the world where social and emotional learning can make a real



difference", said Angie Paskevicius, CEO of Holyoake.

Dr. Helen Street, Chair of Positive Schools Australia, was one of the speakers at the launch. She highlighted the fact that social and emotional learning is vital for young people. "It is alarming that over 25% of young people in Australia are experiencing mental health issues; we need to provide avenues to help them in this space", she said.

Five students from Swan View Primary School played the game during the launch. Some guests even had a go themselves and really enjoyed it. Margaret Sheedy-Dove, Principal of Swan View, spoke about the positive outcomes of the game in her school which was the first to trial the program.

Annie Fogarty, Executive Chairperson of the Fogarty Foundation, who was present at the launch, said "We are very excited to offer DRUMBEAT Quest scholarships to schools in lower socio-economic areas. It is an excellent program which will help engage young people more effectively."

For more information please email [drumbeat.quest@holyoake.org.au](mailto:drumbeat.quest@holyoake.org.au) or visit [www.holyoake.org.au/drumbeatquest](http://www.holyoake.org.au/drumbeatquest)



(r to l) Hon Minister Tony Simpson MLA, Annie Fogarty – Executive Chairperson, Fogarty Foundation, Angie Paskevicius – CEO, Holyoake, Craig Spencer – Head of Community Engagement, Bankwest.

"I leave the group happy and positive which is then spread through the house which now has more of a family feel when there is a positive vibe."

- Matt \*

"Holyoake helped me in so many ways both personally and in my understanding of my son and his problems. We have started a new phase in our relationship. I felt supported all the way by the counsellors." - Marie\*

"My relationship with my family has improved vastly with my abilities to effectively control my intake of alcohol."

- Rob\*

"After counselling I have a better understanding about my addiction and after achieving a 6 week break I know I can do it again. I never thought this was possible." - John\*

"I now feel calmer, more mindful, healthier, happier, and closer to my family."

- Andrew\*

# How I learnt to cope with my daughter's wayward life - Sarah\*

Life for me and my husband had become unbearable especially as we had a 10 year old grandson to consider.

My daughter was a loving and caring person. She was there for me when I underwent treatment for breast cancer. I couldn't have wished for better support.

All this changed when she took up with a new group of friends who introduced her to drugs. She became aggressive and abusive with me and dismissive of her son's needs. Eventually, she left her son and partner to live elsewhere.

I understood she had some depression and I thought it was my fault because I had brought her up on my own. I felt guilty because while she was growing up I entered study and work took priority to pay the mortgage and give us a future.

My daughter would turn up occasionally to collect some clothes or to sleep for a few days, yell at me some more and then leave again. My husband became more

and more angry about the situation. Each time she left I would fear the phone ringing thinking the next time I would see her would be in the morgue.

Eventually a friend recommended the Parent's Program at Holyoake to learn some coping skills. During one of the group sessions, we talked about grief, and I realised the stress I was feeling was sadness for the loss of our relationship. Another session focused on setting boundaries. So the next time my daughter turned up, I set some conditions under which she could stay. She didn't like this and left again, but I felt empowered.

I completed the Parent's Program, and learnt more about myself and ways to cope with my situation. I stopped feeling so guilty when I realised that her behaviour was her choice - no matter what I had or hadn't done.

After several weeks of no contact, my daughter came home and asked for forgiveness, for help to get her life together,

and to see her son. The next night she stayed with her son at his father's house.

She has been there ever since, worked things out with her ex-partner and they are together again. She is parenting her son the way she should, and is re-building her relationship with me.

Things are better now. She is more approachable, I am calmer, and our grandson is taking it all in his stride. Holyoake helped me understand myself and taught me coping skills which helped turn all our lives around. If you are a parent experiencing similar issues, don't suffer in silence, please give this program a go.



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# Holyoake helped give us back the mum that alcohol took away - Jane\*

The role Holyoake played in my life many years ago is almost indescribable. How do you put into words how grateful you are that your mum came back into your life sober?

Rewind to around when I was 12 years old. I became aware that my parents had a problem with alcohol. I remember many parties at our home as well as going to many with them. I remember my dad drink driving and 'playing games' on the road. I remember being in the front seat one time and dad swerving back and forth on the road. I begged him to stop, but he just slapped me and told me to shut up. Later that night whilst intoxicated he tried to commit suicide. Time dims memories like this, but you never ever forget.

My mum became a very heavy drinker and also used to take sleeping tablets. As I got older, I couldn't trust her, could never hope

that she could remain sober at any event we went to or if friends were to visit.

I moved out of home at 17, and had my first son at 20. When he was a few weeks old, I went to see if mum was on a day off from work so we could spend some time with her. I was shocked to find her completely drunk and asleep on the couch. I told her she would be dead and her grandson would never know her. She stood up, staggered off to bed and said she "will never drink again".

She didn't. She went to Holyoake and had one to one counselling.

I asked her recently what was it about Holyoake that helped her remain sober. She said it was the counsellor - ever patient, kind and understanding. She gave my mum a book about people who had overcome much adversity in their lives. Mum realised that she wasn't the only one who had

problems and issues she had to deal with.

My mum is an incredibly strong woman. Not only did she stop drinking alcohol, she quit smoking as well. On reflection I see my mum as a woman who had an alcohol problem which I absolutely detested. However, she was my mum and she loved me and my brother very much. We were always fed and clothed properly, and went to good schools. We never wanted for anything (except for her to stop drinking). My mum has a full and active life now and spends many hours with her grandchildren.

I am so grateful she became sober. Alcohol dependence and the effects on a family never go away. Holyoake helped saved my mum's life and in the process gave us back the mum that alcohol took away from us for so many years. How amazing is that?

# Programs@Holyoake



Alcohol and drug issues affect not just individuals, but their families and friends as well. This is why Holyoake offers a range of customised programs for people of all ages who are impacted directly and indirectly. So if you or someone you care about needs help, contact us for confidential counselling and support.

## Young Adult's Program

*(For 18-24 year olds gaining greater awareness of their substance use)*

Life is full of challenges and choices. This is especially true as young people move from teenage years into their twenties. Alcohol and drugs can easily become part of their lives and ruin everything they have worked hard to achieve.

Holyoake provides a group program especially for 18-24 year olds who would like to understand and address their experiences with alcohol and other drugs. This program is interactive and thought-provoking, as well as educational and supportive.



The Young Adult's Program looks into many of the relevant areas of a young person's life including relationships, communication, self-image and esteem, dependency and relapse, goal setting and future focus, as well as alcohol and any other drug use. Young people are supported as they work towards empowering themselves to make their own informed decisions and choices, creating a future that is right for them.

**For further information or to make an appointment to see a Counsellor, please call Client Services on 9416 4444 or email [clientservices@holyoake.org.au](mailto:clientservices@holyoake.org.au)**

## Holyoake welcomes feedback from clients

Thank you for responding to our call for client feedback in our last newsletter. In response to one suggestion, we have reorganised the waiting room in our Vic Park office to make it more welcoming. So please let us know about the quality of our programs, suggestions for improvement, additional services we could provide, and anything else. Call 9416 4444, or email [clientservices@holyoake.org.au](mailto:clientservices@holyoake.org.au) or visit our website.

**We reach out to about 6,500 people affected by alcohol and drug issues every year. You can help us continue our mission by including Holyoake in your Will. For more information please call Angie Paskevicius, CEO on 08 9416 4444 or email [apaskevicius@holyoake.org.au](mailto:apaskevicius@holyoake.org.au)**

**For more information on any of our programs please go to [www.holyoake.org.au](http://www.holyoake.org.au)**

Men's Program

Women's Program

Parent's Program

Relationships in Focus

Childhood in Perspective (for adults)

Couples Counselling

Young Adult's Program

Adolescent Program

Young People's Program

Art and Play Program

Prison & Justice Programs

Building Resilience Through Play

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